



# Strengthening our Mind Resilience

Your mind and body are not separate from each other. Your mind affects your body, and your body affects your mind, perhaps more than you realize. This dance between your mind and body can improve your health or make it worse. Your mood and the way you think can impact a health condition you may have. In this way, your mind has power. Whole Health includes all of you—your body, mind, and spirit.

The Strengthening Our Mind's Resilience Group is conducted over (8) one-hour sessions. Participants will learn how our thoughts can impact our perceptions and how these perceptions influence our behaviors. Group members will learn various techniques they can use to cope with life stressors. This course will also focus on how creating new habits can strengthen our resilience. Participants will also be able to learn about other program offerings to support them in their journey toward whole health.



**Dates:**  
**8-weeks every**  
**Monday**  
**9:00 a.m. - 10 a.m.**

**Registration:**  
**Please call to reserve**  
**your spot.**  
**Exts. 4325 or 3192**

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1700 South Lincoln Ave.  
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U.S. Department of Veterans Affairs  
Veterans Health Administration  
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